



## Maternal age as a risk factor in pregnancy and perinatal period

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### Objective

Over the past few decades, there has been an increase in the average age of women conceiving their first and subsequent pregnancies in developed countries, including Poland. According to current data, advanced maternal age is associated with an increased risk of complications of pregnancy and childbirth. Most frequently these complications are associated with maternal co-morbidities, the incidence of which also increases with age. The main aim of the study was to assess the influence of maternal age on the incidence of significant pregnancy and childbirth complications in women with low risk pregnancies.

### Methods

A total of 25063 women were included in the study with low risk singleton pregnancies who delivered in St. Sophia Hospital in Warsaw between the years 2010 and 2016. A retrospective multivariate analysis was performed to estimate the influence of maternal age on the occurrence of specific complications of pregnancy and childbirth; unplanned Caesarean section, intrauterine fetal death, placenta praevia, placental abruption and preterm labour.

### Results

Maternal age is an independent risk factor for unplanned Caesarean section (OR 1.036; 95%CI 1.026–1.046), intrauterine fetal death (OR 1.082; 95%CI 1.029–1.138), placenta praevia (OR 1.092; 95%CI 1.029–1.157), placental abruption (OR 1.048; 95%CI 1.006–1.092) and preterm labour (OR 1.024; 95%CI 1.009–1.04).

### Conclusion

Maternal age is an independent risk factor for complications of pregnancy and childbirth.